

## RESOURCES GUIDE

# Top 10 De-escalation Tips for Educators

**WHAT'S INSIDE**Top De-escalation  
TipsSupportive  
StatementsFree Bonus Resource  
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**TIP 1**

## **Be Empathetic and Nonjudgmental**

**When a student says or does something you perceive as weird or irrational, avoid judging or discrediting their feelings.**

Whether or not you think those feelings are justified, they are indeed real feelings to that person. Pay attention to them. Empathic listening is done by:

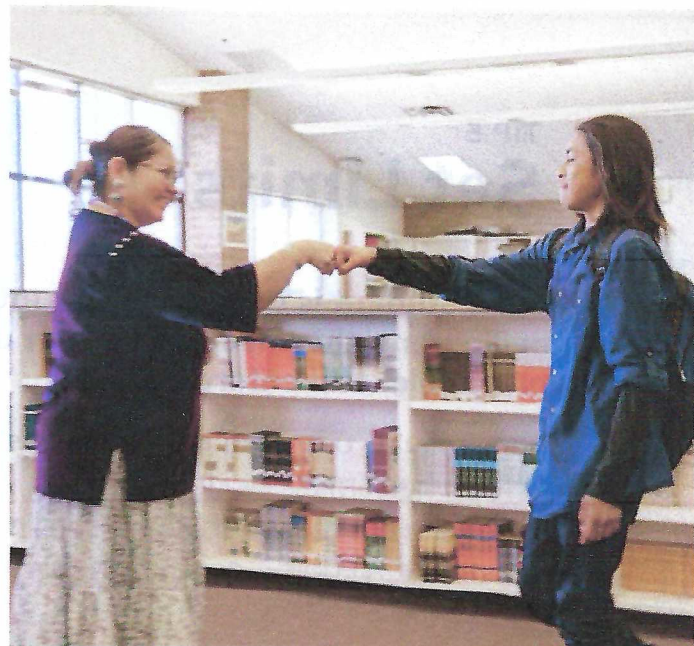
- Giving them your **undivided attention**.
- **Listening carefully to their feelings** and the facts they're providing.
- **Using positive nonverbal messages**, such as eye contact and head nodding.
- **Restating and paraphrasing** what they said: use their words and ask questions to clarify.

**TIP 2**

## **Respect Personal Space**

**If the space allows, stand between 1-3 feet away from the person who's exhibiting escalated behaviors.**

This personal space tends to decrease anxiety and can help prevent them from lashing out or harming themselves or others. If you must enter someone's personal space to provide care, explain your actions so the person feels less confused and frightened.





**TIP 6**

## **Focus on Feelings**

**As an educator, you understand how important facts are.**

But when dealing with escalating behaviors, how a student feels is often the heart of the matter. Not all people—and especially young people—can accurately describe their feelings toward what is happening to them. Offering supportive responses lets the student know you understand what is happening and helps them filter through their emotions in a more rational manner.

**Supportive responses include:**

**“That must be scary.”**

**“I know how hard that must have been for you.”**

**“How did that make you feel?”**

**TIP 7**

## **Ignore Challenging Questions**

**Engaging a student who verbally challenges you often results in a power struggle.**

When a student challenges your authority, redirect their attention to the issue at hand. Managing a power struggle is critical to your mental well-being, as well as that of the individuals you're conversing with.

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### **BONUS CONTENT**

**> Learn additional CPI strategies for managing your classroom.**

